

- Nearly 40% of N.C. adults have been told by a healthcare professional that they have high cholesterol, slightly higher than the 37.5% of U.S. adults (Figure 7.10 and Table 7.3).
- In 2007, N.C. had the 7<sup>th</sup> highest diagnosed high blood cholesterol prevalence rate among the 50 states and Washington, D.C.<sup>25</sup>

### ***Trends over Time***

- The prevalence of diagnosed high cholesterol in North Carolina has increased steadily from 23.9% in 1995 to 39.6% in 2007, and at a similar rate as in the U.S. overall (Figure 7.10 and Table 7.3).

### ***Age***

- The prevalence of diagnosed high cholesterol increases from 12.6% among the 18-24 year age group to 60.1% among the 65-74 year age group, and then decreases somewhat to 51.1% in the 75+ year age group (Figure 7.2 and Table 7.2).

### ***Men and Women***

- Diagnosed high cholesterol prevalence rates are slightly higher among men (41.3%) than among women (38.1%) in N.C. (Table 7.2).
- Diagnosed high cholesterol prevalence rates have increased for both men and women in N.C. since 1995 (Figure 7.11 and Table 7.3).

### ***Racial and Ethnic Groups***

- In 2007, diagnosed high cholesterol prevalence rates were similar among whites (40.6%), African Americans (38.1%), Asians (40.4%), and American Indians (39.1%) in N.C., while the diagnosed high cholesterol prevalence rate among those of other races was slightly – but not significantly – lower (30.8%) (Figure 7.5 and Table 7.2).
- Diagnosed high cholesterol prevalence rates are currently similar among African American men (38.2%), African American women (38.1%), and white women (38.7%), but are slightly higher among white men (42.7%) (Figure 7.4 and Table 7.3).
- Diagnosed high cholesterol prevalence rates are slightly lower among Hispanic North Carolinians (31.7%) than among non-Hispanic North Carolinians (40.0%) (Table 7.2).